



Athletic Handbook
for
Coaches, Student-Athletes,
and Parents
2021-2022

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Mission Statement

Ascension Catholic educates and develops the mind, body, and spirit of each student to know, love, and serve God, self, and others in a safe and caring environment.

Statement of Values

Catholic Education- We cherish quality education rooted in the tradition of the Catholic Church and focused on providing a variety of spiritual, intellectual, and physical activities which encourage students to fully develop their gifts of mind and body.

Leadership and Service- We call students to accept the challenges of responsible citizenship, to have compassion for others and to exercise leadership qualities centered in Gospel values.

Teaching by Example- We want to attract and retain outstanding faculty and administrators who will foster a love of learning among our students and also serve as role models in their lives.

Respect- We are dedicated to providing a caring, disciplined and safe school environment that fosters respect for oneself and for others.

Personal Identity- We will strive to maintain our school at a size that enables all students to be recognized and appreciated, and to know that they belong.

Community- We are committed to maintaining a strong sense of community, centered in faith that embraces all stakeholders and friends of Ascension Catholic.

Preface

It is important for students and parents to understand that participation in the Ascension Catholic athletic program is not a right of all students, but rather a privilege which is afforded to those students who possess ability, positive attitude, cooperative spirit, and desire to represent our community in a manner which reflects favorably upon the reputation of Ascension Catholic High School.

There are special standards and expectations in the areas of academics, citizenship, training rules, commitment, and sportsmanship which must be abided by all participants. Therefore, it is imperative that student athletes and parents become familiar with the contents of this handbook and comply with the rules and regulations it contains.

Goals of the Athletic Department

- To foster academic and athletic achievement in students by emphasizing the importance of sacrifice, self-discipline, and dedication to achieving goals.
- To develop in student-athletes the desire to continually improve through practice and the development of a strong work ethic.
- To provide student-athletes the opportunity to demonstrate good sportsmanship and respect for others as a means of learning good citizenship.
- To develop in student-athletes emotional control, dependability, and respect for rules, property, and authority.
- To provide student-athletes the opportunity to pursue lifelong physical fitness, conditioning, and better health habits.

Athletic Programs

Fall Season

Football	Boys' Cross Country
Volleyball	Girls' Cross Country
Cheerleading	Dance Team

Winter Season

Boys' Basketball	Boys' Indoor Track
Girls' Basketball	Girls' Indoor Track
Cheerleading	Dance Team
Boys' Powerlifting	Girls' Powerlifting

Spring Season

Baseball	Boys' Tennis
Softball	Girls' Tennis
Golf	Girls' and Boys' Outdoor Track

Head Coach Directory

Football	Chris Schexnayder
contact:	chris.schexnayder@acbulldogs.org
Volleyball	Janelle Leonard
contact:	janelle.leonard@acbulldogs.org
Cross Country	Tim Daigle
contact:	tdaigle@luwest.com
Powerlifting	Janelle Leonard
contact:	janelle.leonard@acbulldogs.org
Cheerleading	Tara Martinez/Megan Ourso
contact:	megan.ourso@acbulldogs.org
Dance	Stefanie Traigle
Boys Basketball	Kylon Green
contact:	kylonagreen@yahoo.com
Girls Basketball	Nancy Guillot
contact:	nancy.guillot@acbulldogs.org
Track	Tim Daigle
contact:	tdaigle@luwest.com
Baseball	Gee Cassard
contact:	Gee.Cassard@acbulldogs.org
Softball	Katie Crowe
contact:	kcrowe@sjpsb.org
Golf	Michael Leblanc
contact:	michaeltleblanc@gmail.com
Tennis	Tommy Truxillo
contact:	tommy.truxillo@yahoo.com

Sportsmanship

The quality of responsible behavior characterized by a spirit of generosity and a genuine concern for opponents, officials, and teammates.

Students and spectators should:

- realize you represent the school as does a member of a team; therefore, you have an obligation to be a true sportsman, encouraging through this behavior the practice of good sportsmanship by others.
- recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team.
- remember that the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social, and emotional well being of the players through the medium of contest.
- be modest in victory and gracious in defeat.
- respect the judgement and integrity of game officials.

Coaches are the pivotal forces around which student-athletes will experience the positive side of competitive athletics. You have a most precious resource to mold, and you are hired because the administration believes you understand this immense privilege and responsibility.

Parents/Spectators/Fans are expected to abide by all of the above policies. They are to respect the decisions of coaches, while behaving appropriately at Ascension Catholic sporting events. Any concerns or opinions in difference should be taken up with the athletic director in a private meeting, not while at an athletic contest.

Athletic competition is guided by the following ideas and principles:

- play hard within the rules of the game
- win with humility, lose graciously
- respect opponents and officials
- respect all property and athletic facilities
- are positive and supportive of teammates and coaches
- represent the school in a manner that is appropriate of an Ascension Catholic Bulldog

Coaches Responsibilities

Coaches are to provide a team roster, schedule of games, and contact information to the AD.

All coaches must be cleared under the Child Protection Code of the Diocese of Baton Rouge before supervising any students. Contact wendypoirrier@ HS Office.

A mandatory meeting must occur prior to every sport season among the coaches and all parents where the following should be explained:

- rules and expectations
- practice and game schedules
- code of conduct
- uniform expectations and responsibilities

No practices are to be held during Holy Thursday through Easter Sunday or during Exam Weeks.

Towards the Student-Athlete

- Provide a safe and caring environment that abides by the Mission of the AC.
- Provide opportunities for all student athletes to develop their athletic capabilities to the fullest extent.
- Help students to develop positive attitudes and strong character.
- Be a leader and lead by example.
- Help students to develop qualities that will help them to succeed not only in athletics but in all aspects of life.
- Take into consideration individual differences in athletics.
- Be fair and unprejudiced.
- Be up to date on the skills and rules of your sport.
- Be willing to change and adapt to the game.
- Place the safety and welfare of each student-athlete ahead of all other concerns.
- Ensure student-athletes are finding balance in athletics, academics, and other extracurricular activities.
- Supervise all activities of the athletes under your care.

Towards Fellow Coaches

- Cooperate with all coaches for the well being of the total program.
- Serve and help other coaches when possible.
- Restrict remarks that degrade or disrespect other coaches

- Strive for strong relationships within the athletic department and coaching staff.

Towards the School

- Represent the school in an appropriate manner.
- Give your best effort.
- Be loyal at all times.
- Strive for excellence in all areas.
- Treat the school, parents, and staff with respect.
- Take pride in the school.
- Be firm and consistent with disciplinary procedures and policies.
- Support all endorsed activities of the school and other athletic teams.
- Project professionalism in personal appearance and behavior.
- Abide by the mission, goals, and policies of the school.

Towards Athletic Facilities

- Keep practice areas, locker rooms, fields of competition, and the field house in order.
- Use and store equipment in order.
- Secure facilities after practice and games.
- report areas that need repair to the Athletic Director.
- No students are to be in the field house unattended.

Towards Equipment and Uniforms

- Uniforms are to be distributed to all players prior to the first game.
- Following the end of a sport season, all uniforms are to be picked up and counted for. (even if your sport is getting new uniforms in the upcoming season)
- Equipment is to be treated with respect and picked up after each practice, workout, or game.
- We have nice things, the goal is to keep them nice!
- Medical bags will be distributed prior to the beginning of a sports season.
- At the end of a season, medical bags are to be returned to the Athletic Director.

Order of Operations

Principal

- Oversees all activities involving the school.
- Supervises the Athletic Director

The Athletic Director

- Reports to the principal
- Handles and manages all activities involving the athletic department
- Supervises the athletic department including coaches, student-athletes, and spectators.

Head Coaches

- Reports to the Athletic Director
- Manages all issues pertaining to their sport alone.
- Supervises student-athletes and each individual coaching staffs.

Assistant Coaches

- Reports to Head Coaches
- Handles assigned duties and obligations given to them by the head coach
- Supervises student athletes and teams assigned to him/her in accordance with the Head Coach.

Communication

A. Coaches

For all contact between coaches and parents, the following guidelines apply:

1. A meeting will be held by the head coach, once the final team has been selected, prior to the start of the season. Parents are required to attend this meeting.
2. Parents who wish to meet with a coach should call the coach to arrange a meeting at a mutually convenient time.
3. Chain of Command for **concerns and questions**:
 - Parents must meet with the head coach first with any questions or concerns.
 - If meeting with the head coach leaves unresolved issues a meeting should be set up with the Athletic Director and Principal.
4. **No Attempt to speak with the coach(es) should be made before/during/or after a practice or a game. We ask that you wait 24 hours before approaching or contacting a coach.**

B. Director of Athletics

Parents may contact the Director of Athletics @ nancy.guillot@acbulldogs.org or 225.473.9227 ext 275. **Please keep in mind that the selection to a team, varsity status, positions played, and playing time are all decisions made by coaches.** Also, the Director of Athletics and the school administrators will not instruct the coaches as to whom to play or keep on a team, etc.

C. Communication you should expect from a coach:

1. Expectations the coach has for all student-athletes on his/her team.
2. Locations and times of practice sessions and contests.
3. Team requirements (i.e. equipment needed) and rules.
4. Disciplinary actions that may result in dismissal or suspension from the team.
5. Prompt reply to phone or email messages.

D. Communication coaches should expect from parents/students:

1. Notification of any schedule conflicts well in advance.
2. That concerns be expressed directly to the coach.

Medical Procedures and Safety Issues

- In the case of an accident or injury, the site supervisor is to fill out an incident report the following day. See the athletic director for the correct form.
- In the case 911 is called, parents are to be notified immediately.
- After accessing an injury, using your judgment, coaches are to recommend to parents if in their opinion a doctor or hospital care is needed.
- If a parent or family member is not able to go to the hospital with a student-athlete, a coach, staff member, or family friend is required to go with the child. No student-athlete is to go alone. The person accompanying the child must stay till the parents arrive. Coaches are to follow up with a phone call or visit. If the coach must go, and there is no other coach to supervise practice, then practice must be canceled.
- If the athletic director or principal is not at the event and 911 is called, they must be notified.
- Before returning to play, student athletes must be released from a medical doctor for athletic competition.
- Remind all athletes to report injuries.
- Students are to have a current up to date physical on file.
- In the case of thunder and lightning, athletic play must be STOPPED immediately.
- Allow 30 minutes to pass from the last sound of thunder or lightning strike prior to resuming play.

Sport to Sport Policy

- At Ascension Catholic we promote and encourage multiple sport athletes. Coaches are to allow student-athletes to participate in other sports with no penalties or consequences implemented on the student upon the return to his or her sport. This pertains to all school extracurricular activities.
- An athlete must complete his or her's current sport season before beginning another LHSAA sport. For example a student participating in football must complete that season before starting basketball.
- In some cases, an athlete is able to compete in 2 sports occupying the same season. This must be worked out amongst the coaches and athletic director.

Academics

Academic Eligibility- Eligibility for extra-curricular activities requires students to maintain a minimum of 2.0 GPA. If a student fails to meet this minimum standard at the nine weeks mark, he or she will be placed on probation for the succeeding progress report (4 ½ weeks) period if the grade point average is at or above a 1.5. Any student who has a grade point average less than a 1.5 will be immediately removed from that activity without a probationary period. If the student has not met the standard by progress report time, he or she will be removed from the activity immediately. Furthermore, if a student fails more than one subject by the end of a nine week period, he or she will be dismissed from all extra-curricular activities without a probation period. A student will not be allowed to miss a class for an extra-curricular in which he/she received a grade of "F" on the preceding 9-week report card. Additionally, students who participate in extra-curricular activities must display a positive attitude in class and must not be discipline problems. Representing ACHS is a special privilege and, as such, only those who deserve to represent ACHS will do so. The administrative team reserves the right to suspend a student's participation in an extracurricular activity if it feels that the student has not lived up to the high standards expected of an ACHS student.

Transportation Policy

- If buses are needed for athletic travel, contact the athletic director to have a bus arranged.
- Anyone driving a bus of student-athletes must have a valid CDL.
- Buses are extensions of school property, therefore the behavior expected is the same as expected while on campus.
- Students are not allowed to drive themselves to athletic competitions.
 - In certain cases this can be rearranged, the student is to meet with the athletic director and/or principal to obtain a permission slip/waiver.
- For liability reasons, coaches can never be involved with assigning students to ride in certain cars if there is no bus present.

Supervision Policies

Student-athletes while at games, practices, or work outs are to be supervised by a coach or an adult at all times. No student is allowed to use an AC facilities without a supervisor present.

A coach should always stay at an event until the last child has been picked up or left.

Attendance Policy

Practices and Games

1. It is the expectation of the Athletic Department that student-athletes will attend all practices and/or contests. Being a member of a team is a commitment made to coaches and teammates, which may involve giving up school vacation time, weekends, and other activities.
2. Student-athletes who miss practice and contests for unacceptable reasons should expect disciplinary action to be taken by the coach.
3. Unacceptable reasons for absence include, but are not limited to the following:
 - non-required academic class or group trips
 - family vacation during school break periods
 - participation with another out of school team in a different sport
 - trips to visit relatives during school breaks or on weekends
4. Acceptable reasons for absence include, but are not limited to the following:
 - college visits for seniors (one or two per season)
 - family emergencies
 - family weddings or funerals
 - illness with a Dr's note
5. Suspension from school prohibits student-athletes from participations in practice or contests throughout the duration of the suspension. **Furthermore, students who are suspended from school may not attend any school functions throughout the duration of the suspension.**

School Attendance

The school's policy is that no student may participate in athletics on a day in which he/she does not attend school. This rule may be waived for extenuating circumstances that would include funerals, college visits (seniors only), etc. In order to be considered in school for athletic participation, a student must arrive no later than 11:00 am and remain in school for the rest of the day, attending classes as scheduled.

LHSAA Eligibility Requirements

Eligibility requirements can be found in the Official LHSAA Handbook or on the LHSAA website. If you would like to review the handbook, please contact the Athletic Director.

In order to be eligible all student-athletes must be registered with the LHSAA and have the following documents on file:

- current physical examination (good for 13 months)
- LHSAA substance abuse form (good for 4-6 years)
- LHSAA participation packet signed (good for 4-6 years)
- Birth Certificate
- Current Transcripts

Only students playing high school sports need the above documents. Middle school student athletes who do not play high school sports only need a current physical.

Students are responsible for getting a physical examination every 13 months as well as returning the LHSAA substance abuse and participation packet back to the athletic director prior to the start of participating in a sport. In the case of the LHSAA substance abuse and participation packet, this only needs to be turned in once.

Physicals

Physicals are good for 13 months from the date taken. All of the information must be filled out correctly and a medical doctor must sign off on it, clearing the student for all physical competition.

For example if a physical was taken on January 1, 2021. The physical is good up until February 1, 2022. Starting February 2, 2022 the student will no longer be able to participate in athletic competition until he or she has a current physical on file.

Student-Athlete Dress Code on Game Day

Students are allowed to wear their sport's team shirt or warm up sweatshirt to school instead of uniform shirts on game days. School uniform bottoms must be worn. NO EXCEPTIONS.

The team must all wear the **same** designated team shirt or sweatshirt/warm up jacket. The point is to create a team like atmosphere and to draw attention to the game.

Lettering for Student-Athletes

In order to be eligible to purchase a letterman jacket, a student must meet the criteria set for letting in the following activities. All ordering procedures are set by the Athletic Director through the school vendor. Only those students notified by the Athletic Director are eligible to purchase a jacket.

Baseball, Softball, Tennis, Cross Country, & Basketball

Student must participate in 15% of varsity games/meets.

Football

Student must participate in 50% of varsity games.

Band, Cheerleading, Dance

Student must participate for 1 full calendar year.

Golf & Track

Student must compete in District Meet/Tournament.

Powerlifting & Gymnastics

Student must compete in the Regional Meet/Tournament.

Manager, Statisticians, Athletic Trainer

Student must participate for 1 full athletic sport season.

Finances

Prior to the school year, coaches are to compile a “wish list” for their upcoming sport season. From there the athletic director along with the Purple and Gold Club Finance Committee are to meet and discuss whether or not the proposed budget can be met.

Once each sport has a designated budget amount, coaches are to report every purchase to the athletic director in order to maintain no coach goes over their designated amount.

In order to be reimbursed for a purchase, a receipt must be present.

Student-Athletes are required to pay a one time \$100 fee for athletics. This is used to help cover the cost of athletic competition.

Purple and Gold Club

The Purple and Gold Club is comprised of parents dedicated to the assistance of the athletic programs at Ascension Catholic Schools.

The club has held several very successful fundraisers and all of the funds raised by the club are used for the enhancement of the sports programs at Ascension Catholic.

All requests for funds must be approved by the club’s executive committee and then must be voted on by the general membership. Thousands of dollars have been raised and thousands of dollars have been spent on athletics at Ascension Catholic. Every grade level and every sport at Ascension Catholic has received assistance from the Purple and Gold Club. No request is ever granted until the impact on the student athlete is defined. The club has denied very few requests.

As the enrollment of Ascension Catholic has decreased and as cost of equipment and transportation continues to increase, the role of the Purple and Gold Club becomes more meaningful and more necessary to the survival of athletics at Ascension Catholic schools.

The coaching staff and Purple and Gold Club need your support. Membership is open to anyone who has an interest in Ascension Catholic and its athletic program. If you are not a member, please join. If you are a member, we would ask that you please become an active member. If you are an active member, we thank you!